Fitness Standards

- Base sizing breakdown:
  - Jumbo-SD and Jumbo-Norfolk
  - XLarge
  - Large- high and low
  - Medium- high and low
  - Small- high and low
  - Xsmall
- Program outputs change across CPLs- GE, CFL Course, IM Sports, Command PT, Lap Swim
- CPL descriptors- articulates program outputs concisely
- Dedicated fitness specialists for outreach
- Fee based programs are self supporting (e.g. scuba, massage, rec swim etc).